

# PACKING LIST

*Items on this list may change depending on the country you're visiting*

## **REQUIRED and STRONGLY RECOMMENDED:**

- Passport (required)
- Reusable water bottle (required)
- Comfortable clothes to layer (lightweight, loose-fitting t-shirts, shorts, sandals, long pants, long sleeves, etc., confirm your clothing meets etiquette standards of the country you're visiting)
- Good quality shoes and socks (we will spend a fair amount of time walking/hiking; I prefer lightweight, water-proof hiking shoes and compression socks)
- Bug repellent
- Sunscreen
- Hand sanitizer
- Small, lightweight daypack
- Camera
- Entertainment (movies, cards, books, games, etc.)
- Electrolyte tablets or something similar (I like Nuun sport hydration tabs)
- Respectful, positive attitude and a sense of adventure!

## **Recommended / things that may make your life easier in the tropics:**

- \$USD, small bills are better
- Laptop or similar device, charger, extra batteries
- Anti-itch or anti-inflammatory cream (eg, cortisone or Benadryl; for those sensitive to bug bites)
- Baby powder and/or diaper rash ointment (for those with skin sensitive to heat and humidity)
- Simple poncho or lightweight rain gear
- Hat, sunglasses, swimsuit

## **Other items that Dr. Dunbar finds useful 😊**

- Snacks! (dry goods only - granola, protein bars, crackers, etc, no fruit or animal products)
- Extra hair ties
- Basic first aid kit (including Band-Aids, ibuprofen, Neosporin, etc.)
- Binoculars, field guidebooks, travel journal